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Inside 555 Carpenter Lane we have a small selection of our most items. See back page.



The Shuttle

August 2012 Vol. 41 No. 08

A Cooperative Grocer Serving the Northwest Community Since 1973

Business Brisk at WW Pop-up Shop

by Jon McGoran, Shuttle Editor



photo by Jonathan McGoran

Two out of three shoppers are very happy to be shopping in the WW Mt. Airy Pop-up Shop

WEAVERS WAY’S Pop-up shop and outdoor produce market have been a big hit with shoppers while the main store at 559 Carpenter Lane has been closed for renovation. While it is too early for exact figures, the temporary store appears to be doing double the sales originally expected.

“Shoppers have been grateful that we’re here and we’re open,” says Mt. Airy Store manager Rick Spalek, referring to the Pop-up Shop. “People have also been taking advantage of our Shoppers Shuttle van service to shop in Chestnut Hill, but most people have been able to get what they need right here.” The free van runs Tuesdays and Thursdays from 3-7 p.m., and Saturdays, from 9 a.m. to 1 p.m., making a continuous loop about every 20 minutes between our Mt Airy location at 559 Carpenter Lane, and our Chestnut Hill store at 8418 Germantown Ave.

Summer is usually somewhat slower at both stores, but with the Mt. Airy renovation underway, Weavers Way Chestnut Hill has seen a noticeable uptick in sales.

“There’s definitely been more traffic,” says Chestnut Hill store manager Dean Stefano. “And I’ve seen a lot more faces from our Mt. Airy store over the last few weeks. I know a lot of people are shopping at the Mt. Airy Pop-up shop, but I think they are glad to have another Weavers Way store they can come to if they need to do a bigger shop.”

In addition to the Pop-up Shop and the outdoor produce market, Weavers Way has been sponsoring a full schedule of events, and a party-like atmosphere has taken over the Mt. Airy Village, as the area around Greene St. and Carpenter Lane is known.

“Between the Pop-up Shop, the outdoor market and all the great events, it’s been festive and a lot of fun,” says Spalek, adding, “of course, the real fun will be when the renovations are complete and the store reopens.” Visit www.weaversway.coop for construction updates and a list of August events.

WW Across the Way Now Open!

Wellness/Pet Supply Store Opens at 608/610 Carpenter Lane

by Jon McGoran, Shuttle Editor

WEAVERS WAY Mt. Airy’s new Wellness Department is now open at “Weavers Way Across the Way,” sharing the newly combined storefronts of 608/610 Carpenter Lane with our award-winning Pet Supply Department, across the street from our main Mt. Airy store.

Part of Weavers Way Mt. Airy’s current renovation includes moving the Wellness, Personal Care and General Merchandise department

(continued on page 3)



photo by Jonathan McGoran

Wellness Staffer Andrea Haines (l) and Wellness Manager Martha Fuller (r) in the brand new Wellness Department at Weavers Way Across the Way

Events Aplenty All Summer Long

by Jon McGoran, Shuttle Editor



photo by Judy Levy

The Mt. Airy Village Summer of Fun got underway in a big way Friday, July 13, with a Kick-Off Event that featured live music, wine and beer tastings, a convoy of food trucks, and more. The events are continuing all summer long, with something happening almost every other day. See page 13 for a list of great events in store for the month of August.

Weavers Way Cooperative Association
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Editor’s Note



by Jon McGoran,
Shuttle Editor

LATELY, WE have been talking a lot about the evils of plastic money. As it turns out, credit cards and the material they are made from have a lot in common. Both are convenient, come with many hidden costs, and last for a very long time (especially if you are only making the minimum payments). Plastic does a lot of things very, very well, but the one thing it does not do is disappear. And when you are a disposable piece of crap, that’s a pretty serious drawback.

But while plastic does not disappear, it does go away, to magical islands in the ocean, where it exists for eternity with its own kind, like the island of misfit toys. Except it’s not really magical. There are at least two of these massive collections of indestructible shampoo bottles, convenience store bags, and candy wrappers: the “Great Pacific Garbage Patch” and the “North Atlantic Garbage Patch.” (No word on any rivalry between the east coast wrappers and the west coast wrappers.) Of course, as global warming causes sea levels to rise, floating plastic islands could be the only way to keep your head above water (one big difference between plastic and credit cards).

Plastic goes away when eaten by animals. Much of it is then excreted in urine or feces (this is why some plastics have a number one or a number two on them...). But much of it is absorbed by the animals. Which are then eaten by other animals. Which are then eaten by humans.


One way plastic does not really go away is through recycling. Plastics get downcycled, meaning each time they come back as a lesser form (like what karma does to bad people). Better than a landfill, but not by much.

So the important thing is to use less plastic. On her website, plasticfreeguide.com, Beth Terry offers many ways to reduce plastic use. Unfortunately, at the bottom of the page, under suggestion #95, she includes is a brief list of plastic items she has been unable to eliminate from her life, including, you guessed it, credit cards.

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Articles should be under 500 words and can be submitted on disk at editor@weaversway.coop. Be sure to include your name, phone number, and membership number within the document. The purpose of *The Shuttle* is to provide members with information about co-ops, health food practices, and other matters of interest to the members as consumers and citizens of the community. Articles express only the views of the writers and not those of the Co-op or the board of directors, unless identified as such. Articles, letters, comments, criticisms, and suggestions are welcome and should be directed to the editor. Space limitations require that the editor have the right to edit all articles. Ad rates are available upon request, at our stores, online at www.weaversway.coop, or via e-mail at advertising@weaversway.coop. All ads must be submitted electronically, or camera-ready with prior arrangement, and should be submitted with payment. Products or services advertised in this paper should not in any way be construed to be endorsed by Weavers Way Co-op.



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WWCP Workday at Stenton Family Manor

by Rachel Milenbach, WWCP Executive Director

IT ISN’T often that the word gratitude seems insufficient. The Oxford English Dictionary defines gratitude simply as “being thankful.” That, too, seems inadequate to express what happened at the Stenton Family Manor’s Hope Garden on Wednesday, June 27.

In an event organized by the People Helping People Foundation and The Goldenberg Group, an almost total transformation took place. Thanks to a collaboration with Pileggi Landscaping, Intech Construction, Carr & Duff, and Lowe’s at the Metroplex in Plymouth Meeting, the garden’s area was nearly doubled *and* fenced, and the area around the cob oven was completely overhauled with two picnic tables added. The new tables will be used for gardening, cooking, and other activities during kid’s garden time. Carr & Duff repaired the light at the garden and added an electrical outlet that officially brings electricity to our garden kitchen. Landscaping included clematis, honeysuckle, and roses that were planted along the fences. A portion of the fence materials were purchased with grant funding from the Weavers Way Environment Committee. To top it off, a wonderful lunch of hot dogs (Nathan’s Famous), hamburgers, cole slaw (made with cabbage from the garden!), and chips were provided for all us who showed up to work, as well as some of the staff, children, and moms at Stenton.

There is no way to adequately thank the people in the small army of volunteers from the People Helping People Foundation who came out to work and show their support of this important program to improve the nutrition of an underserved

community. Or to adequately thank Ellen Rosenberg from People Helping People Foundation and The Goldenberg Group for her expert organizing, which included rescheduling the event (initially planned for the hottest day of the season). The volunteer labor and financial support that accompanied this work day resulted in a serious upgrade of the Hope Garden. Not only does it lift the spirits and will of all of us at Ways Community Programs (WWCP). but it will lift spirits at Stenton Family Manor as well. Thank you all!

WWCP founded the Hope Garden at Stenton Family Manor in 2009. The garden is the city’s first homeless shelter to host a production and education garden on its grounds. Located in Germantown, Stenton is the largest emergency shelter for homeless families in Philadelphia. Families stay for one to 12 months, however long they need to find stable housing and a self-sufficient living situation. The average stay is three to four months. Stenton houses more than 200 individuals (with a youth population as high as 150), and the kitchen provides three meals a day, 365 days a year, to all families. Prior to the garden, vegetables for meals came from large cans. Farm education lessons and working in the garden are part of the Stenton summer camp and afterschool



photo by Rachel Milenbach

Bags of mulch wait their turn at the Hope Garden Workday

program. Residents and community volunteers assist WWCP staff in growing food for shelter meal preparation and for sale at local farmers markets.

Some of the produce from Weavers WWCP’s Hope Garden at Stenton Family Manor can be purchased at the WWCP Farm Stand, every Tuesday from 3 to 6 p.m. in front of Weavers Way Chestnut Hill through October. Proceeds are used for continued programming. The bulk of produce is donated to Stenton for use in the kitchen. Thank you for your support of WWCP’s farm education programs.

~ rachel@weaversway.coop

WW, WWCP Farmstands at MA, CH Stores

by Jon McGoran, Shuttle Editor

PRODUCE FROM Weavers Way’s farms is available at both of our locations, but it is also available at farm stands and farmers markets, where you can support our farms, get amazingly fresh and local produce, and even meet some of our farmers. The Mt. Airy Village Farmers Market, in front of our Mt. Airy store Thursdays from 3 to 7 p.m., offers produce from the Mort Brooks Farm at Awbury Arboretum. On Tuesdays, farm educators, apprentices and interns from WWCP are at the WWCP Farm stand at our Chestnut Hill store from 3 to 6 p.m. On Wednesdays, from 2 to 5 p.m., Henry Got Crops! CSA farm at Saul High School holds a farm stand at the intersection of Henry Ave, and Cinnaminson St. Weavers Way Farm produce is also at Headhouse Farmers Market, 2nd and Lombard Sts., Sundays from 10 a.m. to 2 p.m. All our markets accept Farmers Market Nutrition Program (FMNP) vouchers

~ editor@weaversway.coop



photo by Rebecca Torpie

Working at the WWCP Farmstand at Weavers Way Chestnut Hill are (l to r) Leor Winston, WWCP apprentice; Shelley Hedlund, WWCP Farm Educator; and David Roza, WWCP intern hosted by Haverford College.

Students Working at Henry Got Crops! This Summer

by Clare Hyre, Education Coordinator

HENRY GOT Crops! CSA has an all-time high number of paid Saul students working at the farm this summer. Not only were we allowed a full-season farm intern through the high school, we’ve received two part-time youth farm interns for six weeks. We will also be joined by several FUMCOG summer students who will round out our total of youth interns to about five. How exciting!

These youths will be involved in the farm in every way. They will be harvesting, transplanting, weeding, and even doing some research about the histories of CSAs. Likewise, they will also be engaging in a series of conversations about food justice, and attending monthly youth growers markets around the city sponsored by the Urban Nutrition Initiative. Thanks to a generous donation of cooking supplies, we will be doing taste test-

ing and cooking demonstrations. Lastly, our youth will learn marketing, management, and sales skills through running our weekly farm stand. Please say hello to Yona, Nathan, and Nicole and our FUMCOG interns the next time you visit the farm. Also, please stop by our Wednesday afternoon farm stand (2 p.m. – 5 p.m.) at the Henry Got Crops! CSA Your presence and participation will mean so much to these youth!

Across the Way

(continued from page 1)

out of the second floor of the main store at 559 Carpenter Lane (making way for one of the biggest bulk sections in the city) and into a bright new space of its own.

The new arrangement will make Weavers Way’s great Wellness and Personal Care Department much more visible, and by sharing a cash register with the Pet Supply Department, it will make it easier for the Co-op to staff and easier for the staff to provide great customer service.

“Folks love our new space! They have been excited to see what we have done,” says Martha Fuller, Wellness Department Manager. “It’s a breeze for those folks who found the steps to the second floor to be daunting and for folks with strollers to shop—it’s totally easy! If you have not seen our new home yet, please pay us a visit.”

Prior to the move, Martha and staffers Andrea Haines and Sonja Blazekovic poured over sales reports to determine which products were the strongest sellers and which had fallen off the top seller list. Some products that were not strong sellers have been discontinued as part of the move. “We have shrunk some of our category items,” Martha said, “but remember that WW members can special order any items that our vendors sell. We hope to make that as easy as we can. Just check in with our Department Staff with any questions.”

The new Wellness Department has added terrific new lines like Blüm, Liddell Laboratories, Dr. Wood’s, Nunn and J.R. Watkins. Other shopper favorite lines have been expanded, like Giovanni’s, Country Life, Canus, COPA soaps, Dr. Bronner’s,



photo by Jon McGoran

Maureen Gregory, painting the new sign for Weavers Way Across the Way

Rainbow Light Vitamins, derm E, Alaffia, Aubrey and Boiron, to name a few.

To the fans of the housewares and general merchandise companies, stay tuned: Martha says that many of the items will be worked into the 610 shelves (including greeting cards, wrapping paper, clothing, candles, calendars) and some will be a part of the bulk department (spice jars, spice grinders, leftover containers, cleaning tools, etc.) when the renovated store opens. “We are Weavers Way after all,” she says, “and we love having as many popular items for our shoppers as we can.”

As always, the Wellness Department staff will continue to be on the lookout for excellent new products to add and to re-evaluate current lines to continue to offer the products our members and shoppers want.

Show Your Loyalty! ...And Save Some Money!



photo by Jon McGoran

Earl James, Highpoint Cafe crepe-maker extraordinaire, shows off his Mt. Airy Village Loyalty Card

WEAVERS WAY’S Mt. Airy Village Loyalty Card Program is already a big hit, with over a thousand cards distributed so far, and plenty of punches being earned. The cards are intended to help keep things popping at all the businesses in the Mt. Airy Village. We’re giving \$5 off any Weavers Way purchase of \$50 or more for every ten purchases of \$5 or more at the businesses of Mt. Airy Village. You can pick up your card—and start earning punches—at Highpoint Café, Big Blue Marble Book Store, Springboard Studios, Philadelphia Community Acupuncture, Greene Cleaners, Nesting House, and of course, Weavers Way’s Mt. Airy Pop-up Shop.

Local Produce to Look for in August:

Bell Peppers: Sunny Harvest, Paradise Organics

Blackberries: Sunny Harvest

Blueberries: Paradise Hill, Little Buck Organics

Carrots: Common Market

Corn: Sunny Harvest, Viereck Farms

Eggplant: Common Market

Green Beans: Sunny Harvest

Melons: Sunny Harvest, Paradise Organics

Nectarines: Three Springs Fruit Farm, Beechwood Orchards

Peaches: Three Springs Fruit Farm, Beechwood Orchards

Pears: Three Springs Fruit Farm, Beechwood Orchards

Plums: Three Springs Fruit Farm, Beechwood Orchards

Potatoes: Sunny Harvest, Lancaster Farm Fresh Cooperative

Pumpkins: Sunny Harvest

Raspberries: Sunny Harvest

Summer Squash: Sunny Harvest, WW Farms

Tomatoes: Common Market, Sunny Harvest, Paradise Organics

Tomatillos: Common Market, Lancaster Farm Fresh Cooperative

Food Alliance Certifies Sustainable Produce

by Stephanie Kane, Local Produce Purchaser

THIS MONTH, we’d like to take the opportunity to spotlight a sustainability certification program that is growing in the U.S.: Food Alliance Certification.

Food Alliance (FA) offers the most comprehensive certification program for sustainably produced food in North America. It covers issues including safe and fair working conditions, humane treatment of animals, and protection of the environment. Farms, producers, grocers, and greenhouses can all be certified under this program.

For farm certifications, FA looks at growing practices, soil and water conservation, wildlife habitat on the farm, and fair and responsible employment prac-

tices, specifically things like pesticide use and worker wages, and also how the business benefits the environment and the community.

One of the ways FA sets themselves apart from other certifications is through continually improving practices. When someone receives this certification, future goals are specifically named and tackled over a one, three, and five- year time frame. Meeting these goals is a condition of maintaining their certification.

Three Springs Fruit Farm, from whom we receive a variety of summer stone fruit, is currently our only producer that holds this certification; one of only three in Pennsylvania. They state on their

website that they pursued Food Alliance certification because they were already committed to sustainability practices on their farm. They had developed a great reputation with their customers, who trust them and their methods. However, any farm can make such claims, and gaining a third-party certification would allow Three Springs to stand behind them. It would also allow them to reach out to new customers with whom they didn’t already have this relationship.

Each producer must get whole farm certification, as well as meet criteria for each crop being certified. This whole farm certification looks at general management

(continued on page 8)

HENRY GOT CROPS

Not Too Late for To Buy a Discounted Share in Henry Got Crops! CSA

Henry Got Crops! still has a few CSA shares available for the 2012 season. Shares are prorated according to the weeks remaining in the season.

To sign up on line, go to www.weaversway.coop and click on “Henry Got Crops 2012 Sign-up Form,” under “Our Farms”

All Aboard the Shoppers Shuttle!

by Jon McGoran, Shuttle Editor

FOR DECADES, members have been able to read the Weavers Way Shuttle. Now, they have a chance to ride the Weavers Way Shuttle. For the duration of the Mt. Airy renovations, Weavers Way is running a free shoppers shuttle van between our Mt. Airy and Chestnut Hill stores. The shuttle service runs roughly every 20 minutes, Tuesdays and Thursdays, from 3-7 p.m., and Saturdays, from 9 a.m. to 1 p.m. For more info, visit www.weaversway.coop or contact rick@weaversway.coop.



photo by Stephanie Kane

Shoppers Shuttle driver Mindy Noble (r) with her first passenger

Year in Review, 2011-2012

by Carly Chelder, Marketplace Coordinator

BY THE time you read this article it will be August and time to sit down for a moment and think back over the last school year before gearing up for the next one. It was one amazing year for me and for our Marketplace program, as well. For those who do not know, I welcomed an awesome baby boy into this world on December 25, 2011. Alexander the Drake, as we like to call him, brings me joy every day, and loves his fresh fruit and veggies.

IT WAS a good year for Marketplace as well. Seventy-five students from five local schools (C. W. Henry, Anna L Lingelbach, John S. Jenks, Our Mother of Consolation, and Parkway Northwest) participated as team members serving healthy snacks to more than 6,500 customers! Total sales reached just under \$9,500, with profits of \$2,119. School teams donated \$1,500 to the following groups: Henry School PTA for the Playworks, Autism Society, Kiva micro loan, Stenton Family Manor for children’s programming, the Our Mother of Consolation garden club, Bredenbeck’s Ice Cream Parlor & Bakery mural project and the Philadelphia Student Union. As a reminder, one-third of the Marketplace sale profits come back to WWCP to help with our operating expenses, and this year more than \$700 was earned.

The annual Ice Cream Social was

held at The Trolley Car Diner for participating Marketplace students at the beginning of June. Fifty students representing five schools came after school to enjoy a cool treat and meet Alexander the Drake. The Trolley Car Diner has hosted our Ice Cream Social for years and we love them.

A gamut of learned skills were identified by students on surveys; everything from how to stay healthy to CAYGO (clean as you go) was picked out, and student surveys indicate that they *love* Marketplace. That brings a smile to my face. It was a good year. No, it was a great year! Here’s to hoping the next one is just a great.

Eden Kainer stepped in as Marketplace Coordinator while I was out on maternity leave, and Marketplace had its first Inventory Manager, Weavers Way’s own Candice Green from the Chestnut Hill store. Thank you both for your help. We said goodbye to retiring teacher advisor Mrs. Rinda McGoldrick and Principal Karen Trantas from C. W. Henry School. I would like to extend a hearty thank you to everyone that helped Marketplace: students, teacher advisors, and principals, parent advisors, Weavers Way employees, Trolley Car Diner and everyone else out there. Hope you are having a great summer and see you next school year!

~ marketplace@weaversway.coop



phot by Ellie Seif

Students and staff from Anna L. Lingelbach, C.W. Henry, John S. Jenks and Parkway Northwest join WWCP staff and interns for the annual Marketplace Ice Cream Social at the Trolley Car Diner.

August Training Discounts!

10 training sessions/\$225; 20/\$400

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Are you interested in joining the diversity committee?

Please contact Membership Coordinator Beau Bibeau if you would like to participate or would like more information: **member@weaversway.coop, (215) 843-2350 x119.**



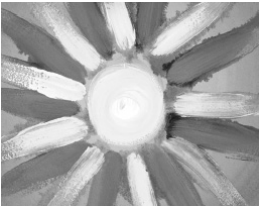
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MAFCA Meets at Mariposa

by David Woo, Weavers Way Board Member

ON SUNDAY July 15, more than 30 people from ten Co-ops attended the Mid Atlantic Food Cooperative Alliance meeting hosted by Mariposa Food Co-op, making this one of the larger MAFCA meetings so far.

The meeting gave us all a chance to walk through and marvel at Mariposa's newly renovated expansion store. We listened to a history of the move from Joe McNulty, who was on the Board of Delegates at the time, and we heard from Marketing and Outreach Coordinator Chakka Reeves. Mariposa has doubled in membership and quadrupled in retail space since their move. Their revenue has exceeded all projected expectations.

After the tour, we all moved to Rosenberger Hall on the campus of the University of the Sciences to conduct our afternoon program. Executive Director Ann Karlen presented a history and overview of Fair Food Philly. Ann is a long-time member of Mariposa Food Co-op and was part of

the early expansion movement when that committee was named the Space Exploration Committee.

Steering committee members were elected for another year and our next meeting will be hosted by Takoma Park Silver Spring Food Co-op in Maryland on October 20, 2012. Currently we are focused on three committees and their work, a regional food distribution program, Food Co-op start-ups, and outreach to bring in more Food Co-ops to the MAFCA membership.

The Mid-Atlantic Food Cooperative Alliance also adopted bylaws and are on the way to modeling New England's Neighboring Food Cooperative Association to build the foundation and raise the profile of food cooperatives. We are made up of more than 30 food cooperatives that range from New York to Maryland. Find out more at www.mafca.coop.

~ woo3D@earthlink.net

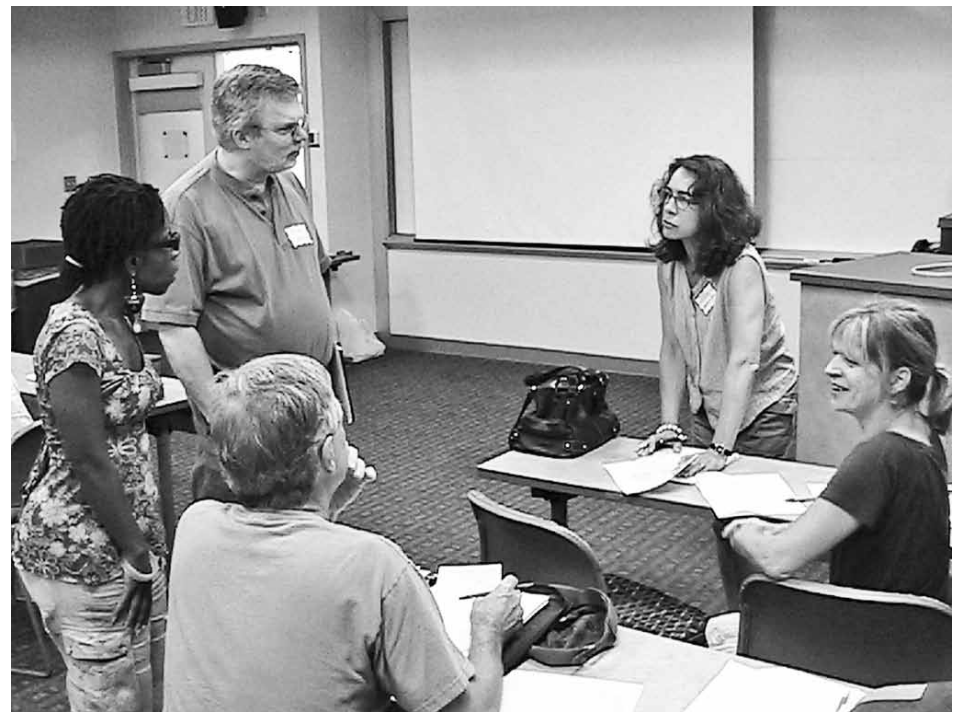


photo by David Woo

Members of MAFCA's Outreach Working Group, at MAFCA's July meeting. Pictured here are (l to r) Nathea Lee, Weavers Way Vice President; (Standing) Bob Noble, Weavers Way Director at Large; (sitting) John Beutler, The Common Market Food Co-op, Board Secretary; Sue Wasserkrug, Weavers Way Board Secretary and Chair of the MAFCA Steering Committee; and Kathey Piedl, Marketing and Outreach Coordinator, Hungry Hollow Food Co-op.

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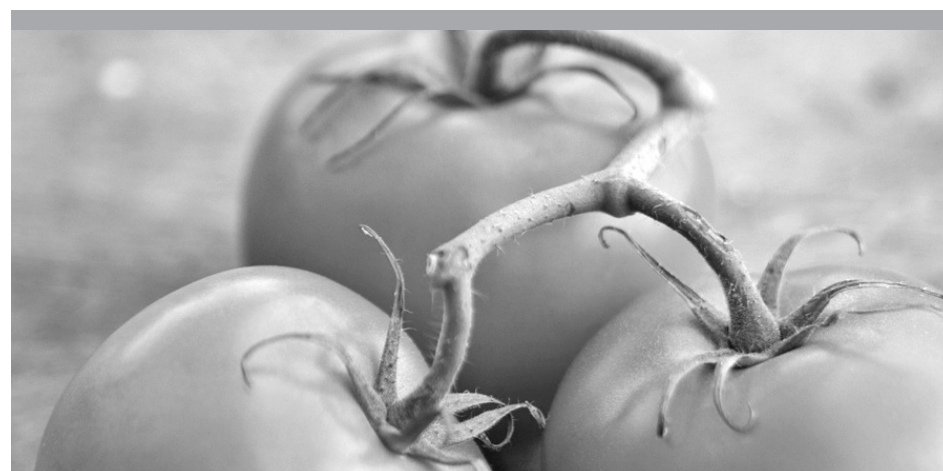
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Managers Corner

by Glenn Bergman, Weavers Way General Manager

ONE THING I can say about the WW member owners is that they are not quiet about issues that they care about. Case in point is the e-mail I received regarding farm-raised salmon. The member said “if you continue to disregard the Monterey Aquarium approved list of fish products I will have to start jumping up and down in the store!” First, I want to thank the writer for getting my attention and for the vivid image of her jumping up and down. Second, she is right; we need to do a better job here, and we will.

We have been purchasing line caught salmon fresh when in season and when we can afford to get it, we mark it up at the appropriate level. We have stayed away from the Alaska salmon that was “previously” frozen, but recently after a visit to Alaska, I have changed my mind. We have for many years purchased high-quality organic salmon from the North Atlantic or off the coast of Scotland. We have stayed away from cheap product. For this member, and many people, this is not good enough. WW can do better.

I was recently traveling in Alaska to visit a friend in Anchorage, but before getting there my wife and I stopped in Juneau and Sitka. In Juneau we met with a steering committee of the Capital Food Co-op.

I felt like I was in Mt. Airy and the issues of taking over the only grocery store in the center of the city that was planning on closing in August seemed like a similar discussion we had when Caruso’s closed in Chestnut Hill.

At the steering committee dinner we had a wonderful meal of salmon and halibut (seems like everyone eats these two products daily). I learned that “farm raised” was a harsh word in this community. My education about farmed vs. line caught started at this dinner. Do not tell an Alaskan that you are selling farm raised salmon. Just the word farm raised sounds too corporate to them and inflicts pain.

After Juneau, we went to the small fishing community of Sitka. I had the opportunity to meet with Tom McLaughlin, President and CEO of the Seafood Producers Cooperative (SPC). Here is where my wife went off the deep end. Our first vacation in 22 years alone and I am talking co-op in Juneau and co-op salmon fishing and processing in Sitka. I promised her that I would not continue to discuss or meet about co-ops while on vacation after Sitka.

The SPC started in 1944 and today is the oldest, largest, and most successful fish cooperative in North America. SPC started as a way to market fish liver oil to the pharmaceutical industry. The SPC is managed by a staff but has a board of 12 directors who are fisherman and member owners. SPC members own and are responsible for the management of the cooperative. What is unique is that the fisherman avoid the traditional producer/processor relationship. The cooperative is able to provide a guaranteed market at fair pricing and an “equitable” return on their product.

Similar to WW, fisherman pay a \$100 membership investment that is refundable and a \$10 stock certificate. The Co-op advances the fisherman 70 percent of the dock or ground price when the fish is brought in from sea and then a second payment in January when costs are figured out. There is a final settlement on all products made in April.

For more information on SPC, check out their web site at www.spcsales.com. If you ever find yourself on the way to Alaska, I suggest a stop in Sitka. As soon as we can find a wholesaler in Philadelphia who will handle the product, we will market the product from SPC.

Construction Update

When you make a decision such as the decision to renovate the MA store, you can be plagued with second thoughts about whether it was the right way to go. But when the refrigeration units were removed and I had a chance to see the back walls, it was clear to me that the correct decision was made. The floors were shot and the equipment was badly rusted and should have been replaced at least five years ago.

As of the writing of this column, our new store “Across the Way” is up and running with our great new health and wellness department on one side and our famous pet supply store on the other. The

Pop Up store is also open, and doing just fine. Please continue to tell us what you want us to add and we will try to do this.

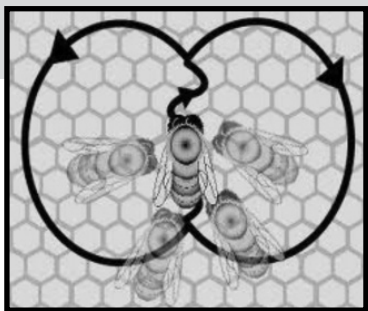
There are many people to thank for this transition so far. I have to thank Rick Spalek and his team for an outstanding job trying to make the store as fun as possible. All areas of the co-op staff have been assisting. Mike Herbst, Produce Manager from CH, stopped by the first day to assist Jean. Laurance Rosenzweig from our IT department made sure that all systems were working on day one. The staff worked through the night to make this happen and they did an outstanding job. I especially thank Martha and her staff for getting the transition completed and set up on time. I could use a page to thank everyone who took part in this first step towards the renovation. I have to also thank Steve Hebden for making sure that the construction crews and his crew were on the job responding to everyone’s needs with a smile. This is not something we do every day.

As you read this column in early August, the store should be taking shape for the soft opening September 1. We said we would reopen right after Labor Day and I hope we make it. Stay tuned.

~ gbergman@weaversway.coop

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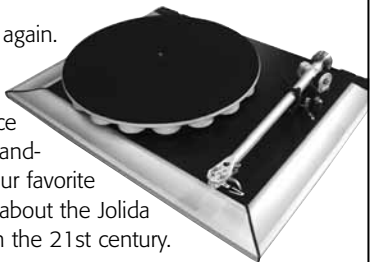
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Seven Forms of Community Wealth

by Bob Noble, Weavers Way Board Member

I RECENTLY participated in an exercise that I thought *Shuttle* readers might find interesting. Selected members of the National Cooperative Business Association were asked to evaluate how our local communities measured up in each of seven forms of wealth. These seven forms are based on a "wealth model" developed by Yellow Wood Associates with the support of the Ford Foundation. Their focus is on rural communities, but I think it's equally applicable for urban areas. I believe this methodology is based on earlier work by John McKnight, Professor of Education and Social Policy at Northwestern University. What if members of Weavers Way and other community organizations were asked to evaluate how our community measured up in each of these seven forms of wealth, and sought ways of further building on what we have?

Individual capital is the stock of skills and physical and mental healthiness of people in a region. Investments in human capital include spending on skill development (e.g. literacy, numeracy, computer literacy, technical skills, etc.) and health maintenance and improvement. Earnings from investments in human capital include psychic and physical energy for productive engagement and capacity to use and apply existing knowledge and internalize new knowledge to increase productivity.

Social capital is the stock of trust, relationships, and networks that support

civil society. There are two forms of social capital; bridging and bonding. Investments in bridging social capital are those that lead to unprecedented conversations, shared experiences, and connections between otherwise unconnected individuals and groups. Investments in bonding social capital are those that strengthen relationships within groups. For example, sponsoring a town-wide festival could be seen as an investment in bonding social capital for town residents. Earnings from investment in social capital include improved health outcomes, educational outcomes, and reduced transaction costs, among others. Culture is an aspect of social capital that bonds groups together. Culture influences the way resources are distributed, the collective sense of what is possible, and creates opportunities and obstacles related to wealth creation. We want to understand how to use social capital to value cultures and build bridges between cultures for the greater good. It is important to include an analysis of the impact of culture on wealth creation opportunities in the analysis of social capital.

Intellectual capital is the stock of knowledge, innovation, and creativity or imagination in a region. Imagination is what allows us to create new knowledge and discover new ways of relating. Investment in intellectual capital is through research and development and support for activities that engage the imagination, as well as diffusion of new knowledge and

applications. Earnings from intellectual capital include inventions, new discoveries, new knowledge, and new ways of seeing.

Natural capital is the stock of unimpaired environmental assets (e.g. air, water, land, flora, fauna, etc.) in a region. Natural capital is defined as having three major components:

- 1) non-renewable resources such as oil and minerals that are extracted from ecosystems
- 2) renewable resources such as fish, wood, and drinking water that are produced and maintained by the processes and functions of ecosystems
- 3) environmental services such as maintenance of the quality of the atmosphere, climate, operation of the hydrological cycle including flood controls and drinking water supply, waste assimilation, recycling of nutrients, generation of soils, pollination of crops, and the maintenance of a vast genetic library. Investments in natural capital include restoration and maintenance. Earnings or income includes a sustainable supply of raw materials and environmental services. Natural capital and its systems are essential for life. People can destroy, degrade, impair and/or restore natural capital but cannot create it.

Built capital is the stock of fully functioning constructed infrastructure. Built capital includes buildings, sewer

treatment plants, manufacturing and processing plants, energy, transportation, communications, infrastructure, technology and other built assets. Investment in physical capital is in construction, renovation, and maintenance. Physical capital depreciates with use and requires ongoing investment to maintain its value. The income or earnings generated by physical capital exist only in relation to its use. For example, sewer and water treatment plants contribute to human capital (health). Schools contribute to human capital (skill development), and social capital (if they are used as community gathering places), and may contribute to natural capital (if they include natural areas that are maintained or protected by the school).

Political capital is the stock of power and goodwill held by individuals, groups, and/or organizations that can be held, spent or shared to achieve desired ends. Political capital is evidenced by the ability of an individual or a group to influence the distribution of resources within a social unit, including helping set the agenda of what resources are available. Investments in political capital are made through inclusive organizing that includes information gathering and dissemination, and increasing voice, access to and inclusion among decision-makers. Engaging players throughout a given value chain for mutual self-interest can build political capital. Earnings from investments in po-

(continued on page 8)


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Sue Wasserkrug
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Community Wealth

(continued from page 7)

litical capital include increased influence in decision making, increased access to and control over other forms of capital, and the ability to engage in reciprocal relationships, among others. Political capital can affect how rural areas are viewed in a regional context. Regions where political capital is equitably distributed or shared are typically characterized by leadership that is broad, deep and diverse; that uses research-based evidence to inform decisions; and that welcomes questions, open discussion, public involvement and help from the outside.

Financial capital is the stock of unencumbered monetary assets invested in other forms of capital or financial instruments. Financial capital, if well-managed, generates monetary returns that can be used for further investment or consumption. For example, financial capital can be invested in land protection through outright purchase or purchase of easements. Public financial capital can be accumulated in a variety of ways including building budget surpluses by collecting more

in tax revenues than is spent on services, borrowing through bonding, and charging fees for public services over and above the real cost of services. “Rainy day funds” are an example of public stewardship of financial capital, designed to help society weather risks and uncertainties. In addition, through the growth of the non-profit sector, private philanthropic capital is often tapped for investment in other forms of capital that yield public goods, for example, preventive health care programs to increase individual capital. Stewardship of financial capital implies responsible investment to generate added income as well as elimination of unnecessary cost or waste in providing public goods and services. In creating wealth, we strive to invest financial capital in ways to increase and improve the quality of the other six forms.

For more information on creating community wealth, visit www.yellowwood.org/wealthcreation.aspx and www.creatingruralwealth.org.

Food Alliance

(continued from page 3)

practices, which include pest and disease management, soil and water conservation, human resource management, and wildlife habitat conservation. There are also both fixed and variable criteria for certifying specific crops. The latter is a point system, and the variables also take into account regional differences in farming practices and their needs. FA is unique in that it does not just look at the farm’s general practices, but makes sure they are assessing what should be done for each crop.

Food Alliance has expanded to include 320 certified farms and ranches in Canada, Mexico, and 23 U.S. states, managing over 5.6 million acres of range and farmland. It has a large number of members in the Pacific Northwest, and is beginning to spread to other regions of the country. Because of their continuing stan-

dards to certification, they have helped make certain all of this land continues under better and better management. Taking farm management a step beyond growing practices to include workers has also ensured that all of the labor involved in these products is safe and workers are receiving a fair wage.

FA supply chain allies are commercial food buyers who support FA’s mission, and strive to purchase from sustainable sources. Locally, allies include Weavers Way, Earth Bread and Brewery, and Harvest Local Foods, as well as others in the region. Utilizing FA resources helps Weavers Way strengthen our goals in regards to purchasing and education. We also hope that our involvement will encourage further development for FA on the East Coast by showing interest and support.

You can find more information at foodalliance.org, and show your support by buying some peaches from Three Springs Fruit Farm today!

WW to Help Voters Comply with New PA Voter ID Law

by Jon McGoran

IN ORDER to help mitigate the negative impact of Pennsylvania’s recently enacted Voter ID law, which requires all voters to show a PennDot photo ID in order to vote, Weavers Way will be helping eligible voters to register, fill out absentee ballots, and complete change of address forms, to help them avoid any problems at the polls in November.

“As a co-op, Weavers Way is democratically controlled and committed to the democratic process,” says Weavers Way General Manager Glenn Bergman. “We are concerned that Pennsylvania’s new Voter ID law is going to infringe on a lot of people’s right to vote, especially our older citizens. We’re just doing what we can to help minimize the number of people disenfranchised by this law.”

According to an article in the Philadelphia Inquirer, between 136,000 and

186,000 of Philadelphia’s 874,000 active voters are without PennDot-issued IDs, meaning that tens of thousands of Philadelphia voters may well be denied the right to vote in the November election. Those affected are disproportionately among the aged—especially voters over the age of 80—27 percent of whom do not have proper ID, and those aged 18 to 24, 20 percent of whom do not. Voters over the age of 80, who may be considerably less mobile, often face many obstacles to getting up-to-date photo IDs, and many may be unable to vote in November.

Outreach coordinator Anne Workman is still working on the details of our effort, but if you are interested in volunteering to help, or perhaps earning Co-op work credit, contact her at outreach@weaversway.coop.

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Dining for Women to Benefit Global Grassroots in August

by Margaret Guthrie

DINING FOR Women’s August beneficiary is Global Grassroots’ efforts in Rwanda. Through its funded projects involving nearly 35,000 people, significant progress has already been made in reducing gender-based violence, diseases associated with lack of access to potable water, reproductive health, sanitation for young women and girls, and vocational skills and training for vulnerable populations. Dining for Women’s August grant recipient will significantly impact these efforts and potentially enlarge the served population.



photo by Sue Heckrotte

The Monday chapter of Weavers Way’s Dining for Women at their monthly dinner

Rwanda is still recovering from the genocide that took place in 1994. Its economy is based on subsistence agriculture and tourism. Tourism currently represents the fastest growing sector of the economy. With one third of the remaining population of mountain silver-back gorillas, Rwanda has discovered that tourists will pay a premium for permission to view the gorillas in their native habitat. Coffee and tea remain the main agricultural exports and the size of subsistence farms is shrinking due to the relocation of displaced people. So, although the economy is slowly recovering and although Rwanda has one of the lowest rates of corruption on the entire African continent, the needs of the people are still many. Dining for Women’s support of Global Grassroots is part of the effort to improve the lives of this young and predominantly rural population.

Since three chapters formed through the Weavers Way network, we can all take a little pride in the global contribution being made under the aegis of our co-op. Each month the three chapters meet, our checks go in and the money goes directly to the organization selected by Dining for Women’s selection committee. If you want to look ahead (or behind, to see who has already received assistance) you can visit the website: www.diningforwomen.org and look at who is September’s

chosen recipient, for example. You can read about the growth of the organization (exponential since the mention on NBC) and all that entails. Reading about the organization might entice you to learn how to participate.

The three chapters formed through Betsy Teutsch’s suggestion in *The Shuttle* all those months ago are perking along. We have experienced the usual diminution in participation for all the usual reasons, too much going on, extended travel, new and/or unexpected commitments, etc. If there is anyone out there who is curious about our meetings and would like to attend one, Betsy would love to hear from you and to plug you into whichever meeting best suits your time constraints and interests. You can contact her at betsy@betsyteutsch.com. We would love to have anyone interested join us for an evening of excellent food and useful information about some of our planetary neighbors. Remember, we are all in this together.

Rose’s Cornbread

- 1 cup flour
- 1 egg
- 1 ½ cups stoneground yellow cornmeal (I use medium but finely ground works just as well)
- 1/3 cup safflower oil
- 3 tablespoons sugar
- 1 cup milk, yogurt, or combination
- 3 teaspoons baking powder (Be sure you have baking powder without aluminum in it. Weavers Way Co-op is a good source.)
- Pinch of sea salt

Liberally butter an 8” x 8” baking pan. Preheat oven to 350 degrees. Put the flour, cornmeal, sugar, baking powder, and salt in a bowl and mix thoroughly. In separate bowl, combine egg and oil and beat well. Add milk and/or yogurt to the oil egg mixture and beat again until blended well. Pour the liquid into the dry ingredients and stir with a large spatula to just blend. You want to be sure everything’s wet but overbeating will mean flat, hard cornbread.

Pour into the prepared pan and bake for about 25 minutes. When the top is slightly brown and the bread pulls away from the sides of the pan a little, it’s done. Remove from the oven, cut it up and serve with butter, honey, maple syrup, or whatever you like.

Leftovers can be sliced and toasted. You can also use pieces of cornbread as you would rice or mashed potatoes as a base for creamed chicken for instance. It’s also great with chili.

I call this Rose’s cornbread because Rose Dias more or less raised my sisters and me and this is basically her recipe, although she used plain supermarket cornmeal and milk, not yogurt or sour cream. She also taught me to make what my kids think is the world’s best fried chicken.

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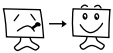
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Intensive Park Rule Enforcement in the Wissahickon This Summer

by Denise Larrabee, Friends of the Wissahickon

EARLIER THIS summer, Sgt. Mike Vassallo of the 5th District informed the Friends of the Wissahickon (FOW) of a step-up in patrolling and law enforcement in and around Devil’s Pool and Valley Green Inn in Wissahickon Valley Park. Officers began the enforcement with an all-day intensive enforcement effort on Sunday, July 8, with plans to continue enforcement activities throughout the summer.

A group of officers from the 5th and 14th Police Districts along with Philadelphia Parks & Recreation Park Rangers are conducting intensive patrolling and enforcement in the area to combat a variety of problems that afflict the area each summer, including illegal parking, swimming, diving, and littering, as well as violations of open container laws and the City-wide

leash law, which requires all dogs in the park to be on a six-foot leash.

“We will be enforcing all park rules and regulations, as well as city-wide laws,” said Sgt. Vassallo of the effort, which will involve officers in patrol cars and on foot, bike, and motorcycles.

“This time of year is the peak season for use of the park around Valley Green Inn and Devil’s Pool,” said FOW Executive Director Maura McCarthy, “and every year we see an increase in environmental damage to the park and the creek, car break-ins and thefts, and injuries related to illegal swimming and diving. The extra effort put forth by these officers is greatly needed and appreciated.”

~ deniselarrabee@comcast.net

Mt. Airy USA Receives Grant for Germantown Ave. Revitalization

by Hilary Malson, Mt. Airy USA

MT. AIRY USA (MAUSA) was recently awarded a grant of \$210,000 from Office of Housing and Community Development (OHCD) towards the next major phase of revitalization along Germantown Avenue in Mt. Airy, after receiving nearly \$250,000 in 2011, to develop mixed-use properties on the 6500 and 6600 blocks of Germantown Avenue. MAUSA will use the funds to rehab three vacant properties along Germantown Avenue and develop them for ground-floor commercial and upper-level residential uses.

“...developing these properties into rentable conditions will attract new entre-

preneurs, jobs and residents to this section of Mt. Airy,” says Anuj Gupta, Executive Director of MAUSA. “Extending Mt. Airy’s revitalization further down to this part of the Germantown Avenue helps to stabilize the neighborhood as a whole.”

In addition to covering renovation costs to the properties, the grant will allow for the residential units to be put on the market at affordable prices, for residents making 80 percent of the Average Median Income (AMI) or less. MAUSA will offer competitive rental rates for the commercial units as well.

Who Painted That Mural?



photo by Rebecca Torpie

ALTHOUGH WEAVERS Way’s Pop-up Shop has partially obscured the beautiful mural that has graced the front of 555 Carpenter Lane for the last two years, it has also brought the mural renewed attention. We thought it would be a great time to introduce the artist behind the work. Rebecca Hoenig is a Museum Educator at the Philadelphia Museum of Art, as well as an artist working in watercolors, etchings, prints, lithographs, mixed media, drawings, knitting, and, of course, murals.

“I was honored to be invited to create the Weavers Way Mural,” say Hoenig. “And I enjoyed the process of making it, particularly meeting all the neighbors, staff members, and shoppers that stopped by to chat with me during the many hours it took to paint the wall.”

You can see more of Hoenig’s art work by visiting www.rebeccahoenig.com.

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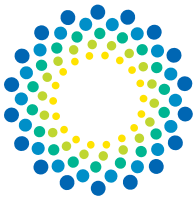
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The Simplicity Dividend

Meet the Adultescents !

by Betsy Teutsch

MY SISTER, Sally Koslow, writes a mean novel—three, so far—but it is her recent non-fiction book that I have chosen to review. It is a laugh-out-loud funny book, but it tackles a serious and fascinating contemporary trend, boomerang offspring. She interviewed more than 100 people 18-35 years old, and parents of 18-35 year olds, to better understand the phenomenon of *adulthood*. These are adult children who wind up living back home because they cannot afford to move out. Their parents, while surprised, don't seem to mind all that much, and the kids don't seem to mind it either. How did this happen?

Slouching Towards Adulthood: Observations from the Not-So-Empty Nest gives voice to the many changes experienced in this last generation—social, economic, technological, cultural. Baby-boomers who eagerly flew from the nest and took on independence as a matter of pride are now micro-managing their young adult children's lives in a myriad of ways. Good or bad? That is the underlying

question of Sally's very witty, insightful book. She sneaks in a lot of factual information, showing how widespread many of these new behaviors are becoming norms.

For example, renting a U-Haul to help move your kid once a year. Or if U-Hauls are not feasible, than hopping on a plane and criss-crossing the country to help children, often with advanced degrees, set up new apartments. Housing adult kids at home and/or vacationing in very nice places, on the parents' dime. Welcoming non-married boyfriend and girlfriend-in-laws into the family, even including them in the aforementioned vacation: these are all commonplace now. I recently met a nurse, married to a retired school teacher, who

has her two adult daughters living with them, along with two grandchildren. Not the empty nest stage they had expected, though they are rather enjoying the arrangement. It is crowded, but everyone pitches in.

The biggest surprise of *Slouching Towards Adulthood* is the massive number of parents and children experiencing this extended children's dependence. It cuts across class lines, including middle class as well as more affluent families, in all regions of the country. Another surprise was the chapter on the liquor and cocktail scene. I had no idea such a big a part of 18-35's social life revolves around liquor, though I know binge drinking is a big problem on college campuses. Makes sense that under-employed or unemployed young adults, with no job to get up for and no family responsibilities, have big social lives.

Koslow is endearingly non-judgmental, since she shares these behaviors with the rest of us. A daughter is traveling around the world working at yoga retreats or organic farms, after completing

her magna cum laude Ivy League degree? Great! A son is living at home and the parents are doing his laundry? So are a lot of other moms and dads. The child quit a job he didn't like without another one lined up? Welcome to the new Lake Wobegon, where all our children are above average, just victims of a bad economy.

This is not only a great book for baby boomer parents, but also a wonderful textbook for the generation older than that; it really explains, in extremely fun-to-read prose, what the hell is going on in our country. Think of it as an anthropological tour of parenting in the 21st century. It is also a good read for *adulthood* themselves. While not intending to be a self-help book, it is useful to see that some of the paths adulthood choose, or fall into, lead to dead-ends and could be avoided.

This book is not aimed at parents of young children or teens. However, I recommend it for this demographic, too. It may give parents the courage to buck the trend to begin massaging children's CV's starting in nursery school, and instead stress and instill life skills along with academic mastery.

After reading this book, I was spouting anecdotes and statistics for weeks. Don't be surprised if this book really changes the way you look at the world. I am really proud of my sister, guys!

Slouching Towards Adulthood, by Sally Koslow. Viking Press, 2012.



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International Year of the Co-op Update

by Margaret Lenzi, Weavers Way Board President

In the International Year of Cooperatives, it's time to look around the world to see how cooperatives build healthy communities, produce goods and services, and bring some of those products to Weavers Way.

Co-op Producers & Brands At Weavers Way: Acopagro Cooperative in Peru



photo courtesy of Acopagro

Acopagro cooperative famers in Peru.

ALTER ECO sources 100 percent of its products from small-scale farmer-owned co-operatives. They believe that working with cooperatives is the most effective way to participate in our global food system and build business relationships that directly improve lives. They distribute products from cooperatives all around the world, including Fortaleza in Ecuador, Acopagro in Peru, Alter Trade in the Phillipines, Surin in Thailand, and Anapqui in Bolivia. By working directly with the small-scale farmers who grow their quinoa, rice, sugar and chocolate, Alter Eco also helps them to institute Fair Trade and Organic practices and assists them in improving both the quality of food and the quality of life for the farmer. Through Alter Eco, 5,300 farmers are paid a living wage. Alter Eco provides Weavers Way with grains and rice from farmer cooperatives.

For more info: www.alterecofoods.com

Spotlight On Cooperatives: How a Funeral Co-op was Born

AFTER HAVING its funeral home contracts cancelled twice in 18 months by a large multinational corporation, Service Corporation International, the members of People's Memorial Association (PMA) voted at their annual meeting on April 12, 2007 to open their own cooperative funeral home in Seattle. PMA is a nonprofit organization founded in 1939 to help the residents of Washington state avoid the confusion, sales pressure and high expense often associated with cremation and burial arrangements. The organization also provides education and advocacy for all consumers regarding end-of-life matters, and promotes simpler and more sustainable funeral choices.

In a matter of seven weeks, the board and staff of PMA were able to get this new cooperative funeral home incorporated and licensed as a funeral home, lease office space, purchase furniture and equipment, and hire and train staff.

People's Memorial Funeral Cooperative opened its doors June 11, 2007 on Seattle's Capitol Hill, sharing a suite with the membership office of People's Memorial Association. From the beginning, the funeral cooperative has had a reputation for providing simple, economical funeral arrangements and quality customer service.

People's Memorial Funeral Cooperative is one of only six cooperative funeral homes in the U.S. It is the only funeral co-op on the West Coast as well as the only one located in a metropolitan area. The Funeral Cooperative now handles the funeral arrangements for approximately one in 12 deaths in the Seattle area and after just five years of operation is one of the largest volume funeral homes in the state of Washington.



photo courtes of People's Memorial Funeral Cooperative

People's Memorial Funeral Cooperative is a leader in green burial options

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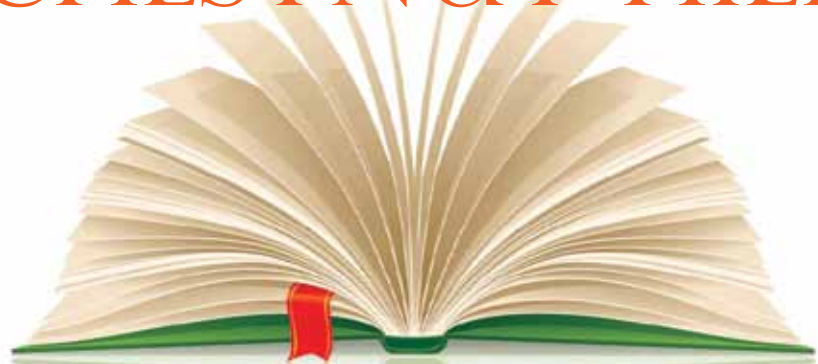
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Wednesday, August 1

Doggy Happy Hour – “Bring Your Own Dog” 5-8 p.m.

Enjoy cold beverages and food as you meet other owners and their dogs. Meet with Dog Trainers and Behaviorists and share their expertise of the minds of your furry friends.

Thursday, August 2

Farmer’s Market 3-7 p.m.

Friday, August 3

Food Truck Night 5-8 p.m.

Come for dinner, dessert and cold beverages. Sample fare from a diverse variety of Philadelphia’s best Food Trucks, listen to live music and socialize with friends and neighbors.

Saturday, August 4

Summer Steps Competition 9-10 a.m.

Meet every Saturday and join WW members in a friendly competition to increase your overall physical activity this summer. Track the number of steps you take. Prizes go to three members with the most steps.

Location: Mount Airy store (555 Carpenter Lane)

Contact: Laura MacGregor at 215.910.2800

Saturday, August 4

Summer Science with Dr. Schaefer 10-11:30 a.m.

Join Dr. Fred Schaefer as he conducts fun scientific demonstrations and activities. Learn about electrolytes and the conductivity of sports drinks! Learn how your body responds to cold and heat!

Wednesday, August 8

Doggy Happy Hour – “Bring Your Own Dog” 5-8 p.m.

Enjoy cold beverages and food as you meet other owners and their dogs. Meet with Leigh from Opportunity Barks.

Thursday, August 9

Farmer’s Market 3-7 p.m.

Thursday, August 9

Beer Tasting 5-8 p.m.

Beer Tasting with Origlio Beverage. Sample local beer, listen to live music and socialize with friends and neighbors.

Thursday, August 9

Cool Eats in the Summer Heat 5-8 p.m.

Sample cool summer fare from the Co-op and bring your own favorite hot weather recipes to share with others. Listen to live music and socialize with friends and neighbors. Recipes will be posted in weaversway.coop in the Shared Recipes section.

Friday, August 10

Food Truck Night 5-8 p.m.

Saturday, August 11

Summer Steps Competition 9-10 a.m.

Sunday, August 12

Draw a Superhero Workshop, Big Blue Marble TBA

Kick off Mt. Airy Village’s Superhero Week with Big Blue Marble. Kids can attend an artist-led workshop on drawing their own superhero.

Tuesday, August 14

Kids Night 5-7:30 p.m.

Join other parents and kids for dinner and dessert from Philadelphia Food Trucks. Enjoy cold beverages and live music.

Tuesday, August 14

Superhero Art Class with Mindy Flexer 6:30-8 p.m.

Join artist and teacher Mindy Flexer for a Superhero Week Themed Art Class. Located at 5225 Green Street. Class Free to Co-op Members, but hurry-enrollment is limited to 14 people! You can come by yourself, bring your children, or leave them to do the workshop by themselves. Children under six years old need a chaperone. No special clothes are required—just wear something you are comfortable working in! RSVP to atmaflexer@yahoo.com or 215-991-5817.

Wednesday, August 15

Doggy Happy Hour – “Bring Your Own Dog” 5-8 p.m.

Meet with other owners and their dogs; share cold beverages and food. And it’s Superhero Week—bring your dog in their favorite superhero costume!

Wednesday, August 15

Beer and Wine Tasting by Rolling Barrel Events 5-8 p.m.

Join friends (furry and human) and neighbors to sample Rolling Barrel Regionally Sourced Wines and Beers.

Wednesday, August 15

Food Truck Night 5-8 p.m.

Come for dinner and dessert from Philadelphia Food Trucks; Sample Rolling Barrels Events’ regionally sourced wines and beers. Listen to live music; socialize with friends, neighbors and furry friends attending Doggy Happy Hour.

Thursday, August 16

Farmer’s Market. 3-7pm

Thursday, August 16

Mt. Airy Night Market 5--8 p.m.

Saturday, August 11

Summer Steps Competition 9-10 a.m.

Saturday, August 18

Mt. Airy Village Superhero Week Costume Event and Movie 5-10 p.m.

Kids and Parents bring your own costumes, buy costumes and superhero-themed wear from the Nesting House! Buy dinner and dessert from Philadelphia Food Trucks! March in a costume parade to a Superhero-themed movie aired on Summit Church’s lawn!

Wednesday, August 22:

Doggy Happy Hour – “Bring Your Own Dog” 5-8 p.m.

Thursday, August 23

Farmer’s Market 3-7 p.m.

Friday, August 24

Food Truck Night 5-8 p.m.

Saturday, August 24

Summer Steps Competition 9-10 a.m.

Wednesday, August 29

Doggy Happy Hour – “Bring Your Own Dog” 5-8 p.m.

Thursday, August 30

Farmer’s Market 3-7 p.m.

Friday, August 31

Food Truck Night 5-8 p.m.

CreekSide Co-op: Coming in October

by Glenn Bergman, Weavers Way General Manager

THE PICTURE may look like a building being gift wrapped, but this is how the Creekside Co-op looked in mid-July as construction continued on the next co-op for the Delaware Valley. Over four years of hard, dedicated volunteer work by members of the Cheltenham community will soon pay off.

When I went out to visit with the Creekside General Manager, Evan, to find out how the project was coming along and to make sure he knew that WW staff and Board were there to assist, we took a tour of the site. OK, I am not jealous about starting up a co-op from scratch, as I can't think of too many more difficult and stressful things to do, but I am jealous about the size of the store, the loading dock in the back, the membership desk in the front, the walk-ins as big as a Manhattan apartment, size of the kitchen, and the storage areas in the basement. One day we will have a loading dock that is at truck level...one day.

Tanya Rottenberg has taken the position as IT manager responsible for the computer system, product data management, and related work. Tanya started at Creekside this summer. It was great to see her working on their project.

Scheduled to open almost a year or two ago, the project was delayed, but looks like a mid-October opening is planned. Sales are projected to be more than \$4.5 million in the first year. This project would not have been possible without support from TRF, USDA funds, and the member owners of Creekside.

We will update you with more information in the September and October *Shuttle*, as well as in the Weavers Way E-news and at www.weaversway.coop. You can also visit Creekside's website, www.creekside.coop and sign up for their e-mail updates, or like them on Facebook.


~ gbergman@weaversway.coop



photo by Jon McGoran

Construction is well underway at Creekside Co-op in Elkins Park, which expects to be open for business by early October. Here, workers are shown in what will soon become the Creekside Co-op Community room.

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Clinic Receives Lunafest Funds



photo courtesy of Chestnut Hill Hospital

Weavers Way and Chestnut Hill Hospital were pleased to present St. Catherine's Laboure Clinic in Germantown with a check for \$5200. The funds were raised through the collaborative efforts of the three organizations at the March 2 LunaFest. LunaFest is a film fundraiser for organizations to raise awareness and funds the Breast Cancer Fund and a local charity. More than 200 people attended the March 2, 2012 LunaFest hosted by Weavers Way and Chestnut Hill Hospital. In addition to the funds donated to St. Catherine's, over \$900 was donated to the Breast Cancer Fund.

Pictured here from left: Michele Palos-Samsi, PA-C, St. Catherine Laboure; Cathy Brzozowski, Chestnut Hill Hospital (CHH); Joanne Rosenbaum, PA-C, CHH Women's Center; Anne Workman, Weaver's Way Co-op; Sheila Davis, D.O., St. Catherine Laboure; Sylvia Studenmund St. Catherine Laboure; John Scanlon, DPM, CHH; and John Cacciamani, MD, CEO, CHH.

Shopping at Farmers Markets?

With the increase in the number and availability of farmers markets and farm stands, here are a couple of questions to ask before making your produce purchase.

Did you grow this produce?

To the extent possible, buy your produce directly from growers. After all, isn't that the point of a farmers' market?

What growing methods were utilized in producing this item?

Farmers should be able to explain to you in some detail their own growing methods. Is the produce you are buying chemical-free? Low spray? Conventional? Organic? IPM? It shouldn't be a secret, and the seller should be able to fill you in.



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 <p>EREWHON Organic Rice Twice Cereal 10 oz \$3.89 REG \$4.89</p>	 <p>BIOKLEEN Stain/Odor Eliminator 32 oz \$5.79 REG \$8.00</p>	 <p>DESERT ESSENCE Tea Tree & Awapuhi Facial Wash 8 oz \$5.99 REG \$7.35</p>
 <p>CROWN PRINCE Anchovy Paste 1.75 oz \$1.79 REG \$ 2.20</p>	 <p>INES ROSALES Sweet Olive Oil Tortas 6.34 oz \$3.79 REG \$4.61</p>	 <p>COUNTRY LIFE VITAMIN D3 2500 IU 60 SOFTGELS \$4.99 REG \$8.73</p>

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The Immortality of Plastics

by Sandra Folzer, Environment Committee Chair

LIKE MOST people, I feel good when I recycle plastic. I am deluded into thinking I have saved something from the landfill, that I have done a good deed. Because of this delusion, I am free to buy more plastic, because I assume it will have another life, not realizing that only a very small portion of what is “recycled” is used productively. Most plastics travel to landfills and the ocean where they live on forever. They break down into smaller and smaller pieces but they do NOT disappear or become part of a healthy life cycle, like compost, which creates life. Plastic does the reverse; it destroys life. In the recycling container, plastic only disappears from our view. For this reason, some believe recycling to be a liability for it gives false hope.

Some reader might question me and proudly announce, “I only buy biodegradable plastic, so I am helping the environment.” Sorry, but “biodegradable” is a meaningless term, which suggests returning to the earth. The plastic industry has promulgated this myth, an example of green washing. “Biodegradable” is far different from “compostable,” which describes the breakdown of matter into a humus, which is a valuable nutrient for the soil, without heavy metals. “Biodegradable” means solely that it breaks down. No one says how long that may take; it could be thousands or millions of years.

The important point to remember is that plastics live forever. When you or I

buy plastic articles, they will remain in some form for thousands or millions of years, floating in the ocean, in the bellies of waterfowl, washed up on beaches around the world and brightly decorating our landfills. They do not go away. Your plastic soap container, your plastic bottle or your mayonnaise jar may some day be lying on a once pristine beach.

As Rolf Halden, professor and director of Environmental Biotechnology at Biodesign Institute in Arizona said, “We’re doomed to live with yesterday’s plastic pollution and we are exacerbating the situation with each day of unchanged behavior.”

Picture an image of an island of plastic garbage the size of the United States floating in the Pacific Ocean. It is not a mirage. It actually exists. While much of it hovers barely visible just below the surface of the ocean, you can see some images from it on a Youtube video at <http://s.coop/s8tr>.

The vast island of plastic was discovered in 1997 when Charles Moore was returning from a sailing race and entered the North Pacific Gyre, where currents convened, creating what was subsequently dubbed the “Eastern Garbage Patch.”



photo by Kim Dewolff, courtesy of kimdewolff.wordpress.com

There is a similar island of plastic debris in the Atlantic Ocean. Most (80 percent) of this debris is thought to derive from land and 20 percent from ships. A typical 3,000 passenger cruise ship produces over eight tons of waste *weekly*. Currents from the west coast of the U.S. carry the debris to the gyre in about six years while debris from the east coast of Asia only takes a year.

The patch is not clearly visible because the particles are just beneath the surface. The photodegraded plastic disintegrates into small pieces while remaining a polymer. The process may continue to the molecular level. As it gets smaller, it is ingested by fish and birds, who are unable to digest the plastic and sometimes die from it. They also feed the plastic to their young, mistaking it for food. In some areas, there is six times more plastic particles than plankton for the fish to eat. At

least 257 species of animals are affected worldwide. It is estimated that fish in the north Pacific Ocean ingest plastic at the rate of 12,000 to 24,000 tons each year. These fish are eaten by other fish, ultimately entering the human food chain. It is not just the plastic that is dangerous for animals and humans to ingest, but also the additives, like bisphenol A or BPA, which affects the endocrine system, and is related to breast cancer, obesity, attention deficit disorder, and genital abnormalities in infants.

The floating plastic also increases the spread of invasive species who get a free ride over long distances to different ecosystems.

When I drink from a plastic bottle or buy shampoo or practically anything for that matter, I am contributing to this monster that keeps growing. As an average American, I am producing a half pound of plastic waste *every day*. Worldwide, 300 million tons are produced each year.

Yes, it is true that a very small percentage of plastics may be used to build something. But after much energy has been expended to create a new product, it can not be used again. Du Pont opened a plant in North Carolina to recycle #1 plastics, but it closed because it was not economical. Others, like Marglen Industries, has successfully recycled plastic bottles into carpet and food grade containers. Whole Foods supposedly sends their recycled plastic bags to Trex to be made into the lumber used for decks. Reusing plastic isn’t easy, for plastic takes more processing than glass or metal. Creating “virgin” plastic from petroleum is more economical so is usually the choice. The manufacturing of plastic uses approximately eight percent of the world’s petroleum, increasing carbon dioxide and hence global warming.

(continued on page 18)

H

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Plastics

(continued from page 17)

One small step in reducing plastic is to outlaw plastic bags. I actually ache when I see folks leaving the supermarket with thirty double-bagged half-empty plastic bags in a cart. With difficulty, I restrain myself from accosting them. Maybe I should carry a one page leaflet explaining why plastic is bad. I do try to educate the check-out persons not to encourage bag use, especially when there is only one item. Once I visited supermarkets in Flourtown to ask if I might put up a sign reminding customers to bring in their reusable bags from their cars. The signs had colorful images of turtles and birds mutilated by plastic waste. Genardi’s refused, saying, “That is upper management’s decision.” Acme politely took the signs, but I never saw them again.

One good resource is plasticbaglaws.org, who has been instrumental in helping municipalities in California get around California’s laws forbidding charging for plastic bags. The plastics industry is a powerful lobby. Still, San Francisco and Los Angeles succeeded in banning the use of plastic bags, in place of charging a fee.

If you think banning plastic bags is a lost cause, consider this list of countries that have already banned their use in some or all parts of the country: Germany, South Africa, Australia (in supermarkets), Somalia, India (in areas including Mumbai), Uganda, Kenya, Japan, Turkey, Zanzibar, Eritrea, Ethiopia, Papua New Guinea, Samoa, Belgium, Singapore, Sweden, Bhutan, Malta, China, and South Korea.

Italy, which previously used 25 percent of Europe’s plastic bags—about 25

billion a year—now has a ban against single-use plastic bags. The United Arab Emirates plans to ban the bags after dead camels were found with lumps of plastic in their stomachs weighing up to 30 kilograms, about 4,000 plastic bags. Eighty-five percent of UAE residents know of the detrimental effects of plastic bags, but fewer than half want to do anything about it. Sound familiar?

In her book, *Plastic-Free: How I Kicked the Plastic Habit and How You Can Too*, Beth Terry describes her own journey to try to become plastic-free. It isn’t easy. To begin we can lessen our plastic dependency one step at a time. I find it’s always easier to change someone else’s habits than my own, so I’m starting with my partner John.

He loves his hit of Dannon’s coffee yogurt every day. He even switched to Brown Cow organic yogurt from the Co-op. Eating a yogurt each day creates a tall pillar of empty plastic containers on our kitchen sink, so I’m buying only the large yogurt containers, like my favorite, Pequea Valley Farm. Well, he likes it too. My next step is to resume making our own yogurt. For the milk, I buy it in returnable glass bottles from the Co-op and avoid plastic altogether. This is a start, but I have a long way to go.

Ways to Reduce Plastic Waste

- Whenever possible don’t buy plastic, and reuse what you have.
- Choose glass containers over plastic for mayonnaise and jams, etc. Actually this is also a healthier choice as the acid in the mayonnaise or fruit might begin to break down the plastic. You already know not to buy plastic water bottles. Buy the stainless steel bottles which can be reused over and over. I even bring my metal bottle when I travel, emptying it before going through security and refilling at the next water fountain.
- Don’t buy plastic flatware, even if it says “biodegradable.” Wash your stainless steel or silverware. If you need more, go to a yard sale.
- Don’t buy plastic bottles of liquid soap. Bars do very well.
- Buy milk in returnable glass bottles. Weavers Way has them from a local dairy. Ask other vendors to switch to glass.
- Refuse plastic bags when offered. I don’t need a bag for one or two bottles of wine though I may look like a lush going to my car. I recommend keeping the sales slip, just in case.
- Shop at farmers markets when possible and bring your bags.
- Buy in bulk when possible and don’t forget containers. I am certified guilty here and have promised myself to put containers in my shopping bag. But the obstacle here is which containers to use. For now, I may reuse my old yogurt containers.
- Store food for freezer or refrigerator in glass bowls or jars. It’s healthier too, as freezing breaks down the plastic, releasing chemicals that can then enter your food. My daughter gave me a set of Pyrex glass containers with no-leak lids, good for freezing.
- Instead of all those cleaning products in plastic containers, clean with baking soda or vinegar, which is better for the environment.
- Check the labels on beauty products. If “polyethylene” is among the ingredients, it means bits of plastic are in the cream, which will be washed down the drain and into our waterways to be consumed by people and animals alike.
- Use handkerchiefs in place of Kleenex and rags in place of paper towels to reduce use and save even the plastic wrappings.
- Don’t grab all those cute little bottles in the hotel. It would take 20 small bottles to equal one large bottle of shampoo.
- When you travel, leave those free gifts behind.

Go to Beth Terry’s website for other good ideas:
<http://plasticfreeguide.com>.



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Mt. Airy USA Hosts Night Market Again, August 16

by Hilary Malson, Mt. Airy USA

THE NIGHT Market returns to Mt. Airy on Thursday, August 16. Philadelphia's favorite food-centric street festival came to Mt. Airy for the first time last summer and was an overwhelming success, with more than 7,500 people coming out to sample tasty bites and beverages from gourmet food trucks and local restaurants vending along Germantown Avenue. Because of the overwhelming demand for its return, Mt. Airy USA, in partnership with The Food Trust, is bringing it back. Anuj Gupta, Mt. Airy USA's Executive Director, said "We are very excited to bring this terrific event back to our community. We hope that it not only helps our local businesses that night but also helps market our terrific local food offerings to Greater Philadelphia."

This year, the Night Market will be a little longer in more ways than one. The event will run from 6 to 10:30 p.m. and will extend a block further along Germantown Ave, from Mt. Airy Avenue down to Carpenter Lane. More than 30 of the city's best food trucks will be joined by local favorites for the festival; confirmed restaurants include Avenida, Earth Bread + Brewery, Food For All, Geehee Girl Rice Café, Little Jimmie's, McMenamin's, Trio Delight, Trolley Car Diner, and Wine Thief.

While neighborhood residents are encouraged to walk or bike, this year



photo courtesy of Mt. Airy USA

Last year's Mt. Airy Night Market attracted thousands of hungry visitors to Germantown Ave. The event returns to Mt. Airy this year on August 16.

there will be ample parking available. Drivers can drop their cars off at a designated lane for Valet Parking by the Wawa at Germantown Ave and Allens Lane. Additionally, self-parking will be available on the grounds of New Covenant Church (7500 Germantown Ave).

Grammy-nominated soul artist and XPN artist-to-watch Ryan Shaw will headline the festival. Come early to enjoy the Reckless Amateurs, taking the stage around 6:30 p.m. to play a rich blend of rock, roots, country, and blues. The stage will be in the heart of the festival at Mt. Pleasant and Germantown Avenues. XPN is presenting the live music for Mt. Airy Night Market.

For more information, visit gomtairy.com.

Dick Wade of GFS to Receive Cliveden Heritage Award

by Erica Chase, Cliveden

CLIVEDEN, a historic site of the National Trust for Historic Preservation, is pleased to announce that Richard L. Wade, long-time Head of School at Germantown Friends, will be the 2012 recipient of the prestigious Cliveden Heritage Award. In honoring Dick Wade, Cliveden celebrates his heartfelt commitment to Germantown, his continuous efforts to establish authentic relationships between the school and its neighbors, his strong belief in the importance and richness of diversity, and his leadership both within the school community and in the larger community of North-west Philadelphia.

Previous recipients of the Cliveden Heritage Award include philanthropists and preservationists Dorrance "Dodo" Hamilton and Jack Asher, former Pennsylvania Governor Ed Rendell, museum curator and Benjamin Franklin scholar Page Talbott, and local businessman and civic leader Robert Elfant.

Cliveden was built in 1767 as a country house by attorney Benjamin Chew and was home to seven generations of the Chew family. Perhaps most famous as the site of the Revolutionary War Battle of Germantown, Cliveden is also well known among historic house aficionados for its outstanding Georgian architecture and elegant furnishings. Ongoing research has brought forth important African American history at Cliveden, which is




photo by Michael Branscom

Dick Wade, Head of School at Germantown Friends School

being presented in the new exhibit "Life, Liberty and the Pursuit of Happiness?" which opened in the Cliveden Carriage House on July 4th.

The Cliveden Heritage Award will be presented at a dinner at Cliveden on October 12, 2012. For ticket information or to place an ad in the event program book please contact Erica Chase at 215-848-1777.



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Suggestions

(continued from page 24)

toothbrush and razor handles and other plastic items (we ask fifty cents to help offset shipping cost). We also accept empty plastic egg cartons at our Mt. Airy store (not paper), which get re-used by one of our egg suppliers.

Another reminder—neither one of our stores accepts anything else for recycling. We do not accept spent ink cartridges (Staples does), old electronics, computer equipment, books, CDs, children’s toys, that old suitcase in your closet, that book you have about using Windows 98, etc.

Interestingly, as I was writing this article, I got a phone call (on my home’s land line, very clear!) and it was a recording of Mayor Nutter reminding me that Philly now accepts milk, juice and soup cartons as part of recycling.

All this talk of recycling makes me think yet again that I want to point out that as good as recycling is, discussions of curbside pickup of recycling containers means we already missed the most sustainable choice—refilling containers you bring when you shop in a bulk department. Although a bulk system is not perfect (after all, bulk foods still arrive to stores in a container, some of which are recyclable and some of which are not. Only our local Sun & Earth line uses the same containers refilled over and over at the wholesale level). The perfect system is right in front of us; when I go to pick up my CSA share at Henry Got Crops, I usually bring a bag and or cooler and pick up my food and bring the same bag and cooler the next time—a zero packaging, zero recycling, zero waste system. This is what a sustainable food system would look like as far as packaging—all containers are re-used in a small, direct, closed-loop system, with no recycling necessary.

Suggestions & Responses:

- s: “I really want sorrel!”
- r: (Jean MA) And you’ll really get sorrel- Thursday or Friday of this week (June 21), look for it in the Overbrook Herb display, or ask a Produce staff person.
- s: “I love being a co-op member, and I do as much of my shopping here as I can in my quest for healthy choices. I came in today specifically for coconut water (hot day and hot weekend ahead).

I was very disappointed to discover that the only brand we have is not 100 percent coconut water, but has sugar and other ingredients added. Similarly disappointed that the gummi sours by the deli contain artificial dyes...”

- r: (Chris MA) The coconut water that we normally carry (Natures Factor, no extra ingredients) has been unavailable from our supplier, so we brought in the Badia Coconut Water as a temporary substitute. Unfortunately, no other options were available. I agree with you about the gummi sours, we will no longer be carrying that item.
- s: “I appreciate that the MA store is providing a shuttle van service to the CH store, but the place I really need a ride to is the past because there are a few mistakes I’ve made, which I’d like to go back and correct. I saw on ebay a full Dianetics library listed for only \$3.5 million, which I thought was a bargain, so I transferred money to my to my Paypal account to pay for it but didn’t realize shipping was \$5,000 so didn’t have enough to pay for it (and that was for “economy shipping”!), so not only was I not able to buy it, now I have bad feedback. I would love to go back and put the extra \$5k in my bank account, can the co-op’s van go back in time?”
- r: (Norman) Sorry, our delivery/shuttle vehicle is a 2004 Ford Freestar, and although it has cool modern electric things like adjustable seats and cruise control and a dashboard light dimmer, it does not do time travel, at least there is nothing about that feature listed in the owner’s manual. However, you might remember that Superman had a technique for time travel using super speed. Superman occasionally shops at the both our stores (he is fond of Three Springs peaches) so there is a chance you will see him sitting outside with a dripping peach. He is very approachable, just ask him.

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Valley Green Bank Awards Essay Scholarship

by Leslie Seitchik. Valley Green Bank

photo by Laurie Beck Peterson

Valley Green Bank President Jay Goldstein (left), presents the scholarship check to Amy Geliebter (center) and her mother.

In 2006, Valley Green Bank sponsored an essay contest, “What Being Part of a Community Means to Me.” The contest was opened to all seventh and eighth grade students who either lived or attended school in Mt. Airy or Chestnut Hill. The winner, Amy Geliebter, a seventh grader from Our Mother of Consolation School, was selected by a jury comprised of three experts (one being Jon McGoran, a published novelist and editor of the *Weavers Way Shuttle*). The award was a \$2,500 scholarship to be applied for higher education after high school graduation. Well, this past June, Amy graduated from high

school and on July 13 she was awarded a \$2,500 check for her college education. She will be attending Arcadia University in the Fall.

“The essay contest was very competitive,” said Valley Green Bank President and CEO Jay Goldstein, as he presented the award. “The participants took the theme seriously and wrote compelling essays on their experiences and attitudes on the importance of community.... We were pleased to honor Amy and extend our congratulations to her and her family on Amy’s graduation.”

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A Long Ride Across the U.S. for Kids in El Salvador

by Roger Schrading

My GOOD friend John Guiliano is riding his bicycle from Boston to San Francisco to raise money for kids in El Salvador. This tour, a reprise of his first cross-country tour in 1992 to support the war-torn country, will take him through Philadelphia on August 13.

More than 25 years ago, I lived and worked with refugees of the Salvadoran Civil War. Most of my work focused on supporting communities from the Refugee Camps in Honduras to return to their places of origin and reestablish their bombed-out villages. These so-called “repopulation” communities were returning to the war zones of the country. The government, which tried to wipe out these villages in the early ‘80s, opposed this movement. Against the odds, with perse-

verance, unity and organization, the communities returned and began to thrive.

The peace process of the early 1990s led to the end of the bloody civil war. But the struggle of these communities had only begun. Despite a recent political opening, which led to the electoral victory of the former Guerrilla’s party, the realities of grinding poverty, corruption, and crime still challenge the “repopulations.”

I met John Guiliano during the war. We worked together to support these refugee communities. I eventually moved from El Salvador, became a public defender and settled in West Mt. Airy, but John never left. In 1992, he rode his bike from New York City to El Salvador. The “Time to Heal Tour” was to call attention

to the struggle of these communities, ongoing despite the Peace Accords.

In 1992, in a town called Guarjila, John began the Tamarindo Community (www.tamarindofoundation.org), a grassroots community organization that helps ex-combatants and their families struggling after the 12-year civil war. The organization began by helping families recover the remains of their dead in the hills of Chalatenango. Burying those dead became the beginning of a work that has now stretched over 20 years.

The work with kids began with one bike, which became a seed of discipline, education, and community. The first Tamarindo center was housed in a small workshop that was used to build homemade explosives during the war. In that small mud structure, the “Tamarindos” created a safe place for kids—the Tamarindo Cycling Shop. They fixed a few bikes but dedicated themselves to fixing kids. They later expanded into an unused chicken coop, which became a school, safe house, hockey rink, soccer pitch, meeting center, dining hall, and home.

El Salvador has changed very much since 1992. The bullets and bombs are gone, yet the young people there—as in other places of the world—are confronted with many problems. The enemies now are violence, drugs, alcohol, lack of identity, and family disintegration. And the ever-present pull of the dangerous trek to the United States in search of a decent living.

John is getting back on his bike to raise money to build a more permanent community center. The space will provide kids a space for them to learn, play, and

grow; a space that will also provide employment and economic opportunity. The goal is to build a community center that will allow the Tamarindos to expand their work beyond their small town and serve the entire region.

The Give Kids a Chance Tour (www.givekidsachance.us) proposes to link people all across the United States in support of this bicycle trek and raise half a million dollars to keep Tamarindo programs going, to inspire new ones, and to make the dream of this center a reality.

John’s stop on the tour in Philadelphia is August 13, 2012. In support of the tour’s goals, I am hosting a BBQ dinner and fundraiser on that day at the Philadelphia Canoe Club (PCC), located at the mouth of the Wissahickon Creek. All are welcome to come enjoy something from the grill, some live music, and a cold beer (or other beverage) by the water. We will get going around 6 p.m. and are asking a donation of at least \$20 per person, which includes food, drink and entertainment. If you plan to come, send me an email with the number of people in your party in the subject line to biketourphilly@gmail.com. That way I’ll have a rough idea of turnout. The PCC clubhouse is located on the bank of the confluence of the Wissahickon Creek and Schuylkill River. The driveway entrance is at the traffic light on Ridge Ave. by the SEPTA DEPOT/bus stop, just south of the Manayunk Main Street movie theater. If you can’t make it to the event, consider making a donation at www.givekidsachance.us. Make sure to indicate you’re from Philly.

For more info on the Philadelphia Canoe Club, visit www.philacanoe.org.

ECO TIPS

from The Environment Committee

Got some things you don’t know what to do with? Mt. Airy Greening Net’s A to Z Directory of local reuse and recycling options answers the questions “What do I do with . . .?” and “Where Can I Recycle . . .?” Check it out at <http://www.mtairygreening.net/atoz.html>.

Free waxed paper or plastic “bags” for your sandwiches: Instead of buying plastic or waxed sandwich bags, you can spend nothing by reusing plastic bags (from bread, etc.) or bags inside cereal boxes by cutting one open and then wrapping a sandwich in it, closing with a small strip of scotch tape.

Containers/bags for bulk items: Our Chestnut Hill store has dozens of bulk items and our Mt. Airy store will soon have hundreds. Reduce the use of plastic bags by bringing refillable containers or bags for your bulk items.

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Awbury Arboretum Receives Grant

by Beth Miner

AWBURY ARBORETUM recently received a \$39,000 grant to help expand its landscaping services, which help support the arboretum and its mission to maintain a public garden with horticultural and environmental programs.

The grant comes from the Malinda R. Farrow Fund and Lenora Dinkey Seiple Trust Fund of the Philadelphia Foundation to support its Marketing Initiative Program. Announcement of the grant was made by R. Andrew Swiney, President of the Foundation, whose Board of Managers approved the grant on June 29, 2012.

Christopher van de Velde, General Manager of Awbury Arboretum, said the funds would be used to help Awbury Landscape Services (ALS) expand its customer base. Increasing ALS revenue will help support the Arboretum’s general operations, educational programming, and historical preservation efforts. “We need to continue developing our own self sufficiency. The Arboretum gets much help from members and foundations, but we need to increase our capacity to help ourselves,” said van de Velde.

The Philadelphia Foundation, a public charity, is Southeastern Pennsylvania’s leading center for community philan-

thropic engagement and is committed to improving the quality of life in Bucks, Chester, Delaware, Montgomery, and Philadelphia counties through funds established by its donors. Established in 1918, The Philadelphia Foundation continues to help donors harness their generosity and vision by providing tools, knowledge and financial stewardship directed to maximize the strategic impact of charitable contributions. Grants from more than 750 charitable funds strengthen the effectiveness of nonprofits and support programs that are vital to the people of this region.

Awbury Arboretum is a 55-acre site, and originally the private country estate of the Cope-Haines family, an extended family of Quaker shipping merchants in the mid-nineteenth century. The arboretum is a green oasis located in the densely populated, Germantown neighborhood of Philadelphia serving Northwest Philadelphia. In 1916, the Cope descendants donated their property as a park for the education and enjoyment of the public. Since 1984, the Awbury Arboretum Association, an independent non-profit organization, has been the custodian and manager of the property and its historic mansion. The Arboretum is composed of rolling lawns, mature specimen trees and copses, special gardens, a bird sanctuary, ponds, wetlands, and meadows. It is also the home of the Awbury Agricultural Village with 60 community garden plots, a two-acre organic farm operated by the Weavers Way Cooperative, a Children’s Vegetable Garden operated by Weavers Way Community Programs, shared greenhouses, and a one-acre area used for cultivating and holding nursery stock.

Waggle Dance at Awbury

by Anaiis Salles

IF YOU have kids over the age of three who have seen “Bee Movie,” or if your kids are into nature programs such as Nova/PBS/Discovery, you probably already know what a waggle dance is. But for those of you not yet up to speed on just how smart honey bees are, let’s start with a mind-blowing factoid. Bees can count. They can also calculate the angle in relationship to the sun. Foraging honey bees use these math skills to give very specific directions about to plant X at location Y where quantity X of pollen and/or nectar are to be found. This in-hive chit-chat about resources and directions among girl bees – you know we girls are not shy about asking for or giving directions – or recommending anything about which we are enthusiastic – is what our waggle dance is all about. Here’s how to find the good stuff!

Think of a waggle dance as a super-animated “Like” on Facebook! A waggle dance is survival social networking at its best. Karl von Frisch was the first person known to observe the waggle dance and to care enough about the behavior to study. Thank you, Karl! We also know that scout bees will do a waggle dance in campaigning for a new home to hive a swarming colony.

On Friday, August 10 we’d like you to benefit from the social networking fun of the first annual Waggle Dance at Awbury Arboretum. We are celebrating Awbury Arboretum as a free public green space, its Agricultural Village, and Green Sanctuary Community Apiary, home to four educational hives and about 200,000 honey bees.

Think old fashioned Saturday night social: light refreshments, BYOB/W, a summer night, live music, lightning bugs, dancing on the porch of an old house and

on the grass, too, if you like to dance to live music. Meet resident beekeeper, Anaiis Salles, and the apiary’s hive stewards. Sample the organic honey coming from a happy assortment of bees and an amazing variety of plant and floral sources. Learn about honey bees and how to be a good neighbor to these generous, intelligent insects. Our bees are pollinating your vegetable and flower gardens if you live within 5 miles of Awbury Arboretum

Our Waggle Dance is a great deal for a family night out. The cost is \$15 per person, but \$5 for one or more kids. Add grandma, grandpa, cousins, aunts and uncles, and for \$50 you can reserve a table at which to sip your favorite beverage while finding out more about the Apiary’s mead making club and upcoming beekeeping classes. We’ll be giving away a few door prizes, too.

The fun starts at 6 p.m. and goes until 10 p.m. Thanks to Hot Club of Philly for music to waggle to. This is a friend raiser for Awbury Arboretum and Green Sanctuary Community Apiary.

RSVP’s much appreciated so we can use our math skills to make sure we have enough refreshments. For more info, contact Beth Miner at bminer@awbury.org.

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Dec. 6, 9:30-11:30am

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April 18, 9:30-11:30am

3 years old - 6th grade

Please call to register

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A Big World in a Small Quaker School

Summer at Morris Arboretum

Garden Railway Storytime Rail

Friday Night Concerts in the Garden

Take a Seat!

70 Adirondack Chairs on exhibit

Open Weekdays 10am - 4pm; Weekends until 5pm; Thursdays and concert nights until 8:30pm

For more event info: www.morrisarboretum.org

Cool Exhibitions for Hot Summer Afternoons at Woodmere

by Rose Mineo, Woodmere Art Museum

STEP OUT of the heat and into Woodmere Art Museum for a look at some of Philadelphia’s most refreshing and inspiring collections by local artists. Alex Kanevsky: Artist, Curator, Juror and Doris Staffel: Painter, Teacher, headline the galleries this summer, celebrating the work of local artists.

“Doris Staffel, Alex Kanevsky and the many artists who will be represented in our summer exhibitions showcase the breadth of Woodmere’s reach,” says Woodmere Curator Matthew Palczynski. “The figurative, abstract and conceptual works on view underscore the impressive diversity of Philadelphia art.”

Alex Kanevsky is an artist who lives, works, teaches, and exhibits in Philadelphia and is the juror for the 71st Annual Juried Exhibition. The juried show features the work of 46 artists living within 50 miles of the museum. Kanevsky also chose some of Woodmere’s works of art for display in Selections from the Collection, and his own work will be on view in the exhibition Kanevsky: Some Paintings and Drawings. Born in Russia, he received his training from the Pennsylvania Academy of Fine Arts, where he is currently a faculty member.

Doris Staffel, a Philadelphia abstractionist who moved to the city in 1940 at age 19, taught for 27 years at the University of the Arts, and currently resides in Society Hill. For many decades she has been one of Philadelphia’s pre-eminent abstract painters and colorists. Doris Staffel: Painter, Teacher is the first exhibition to examine her entire career and is also her first solo show in a museum. Bill Scott, a painter and teacher, is guest curating this



Image courtesy of Woodmere Art Museum

Doris Staffel (b. 1921) [Landscape], Undated. Acrylic on board, 12 x 9 in. Gift of Doris Staffel, 2011.

retrospective.

“This exhibition places Staffel at the vortex of a school of Philadelphia painters who employed a vision bordering on abstraction, constructed with a complex and personal use of drawing and color,” says Scott. “It’s a pleasure to introduce Staffel—a painter’s painter, well-known to three generations of Philadelphia artists—to the general public.” Families visiting the museum shouldn’t miss the Helen Millard Children’s Gallery for 1, 2, Rhythm and Blue, an exhibition celebrating 15 years of helping children connect math, music and art. Finally, wrap up your trip with Take a Seat! Adirondack Chairs, Re-Interpreted, Woodmere’s much-talked-about collaboration with the Morris Arboretum, open through the beginning of September.

Woodmere Art Museum is located at 9201 Germantown Ave. in Chestnut Hill. Admission to special exhibitions is \$10 for adults; \$7 for seniors (55+); and free for Woodmere members, students (with valid ID) and children. Exhibitions in the Founder’s Gallery and Helen Millard Children’s Gallery are always free. For more information, visit woodmereartmuseum.org or call 215-247-0476.

Weavers Way Staffer Featured in Woodmere Exhibit



“The Smallest Woman” by Lara Cantu-Hertzler, image courtesy of Lara Cantu-Hertzler

Artwork by Weavers Way staffer Lara Cantu-Hertzler will be among the pieces on exhibit in the Woodmere Art Museum’s 71st Annual Juried Exhibition. The exhibition is on view now through September 30.



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Image: Last Few Waves, 2010 by Alex Kanevsky.

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ARTIST, CURATOR, JUROR

71ST ANNUAL JURIED EXHIBITION
ALEX KANEVSKY: SOME PAINTINGS AND DRAWINGS
SELECTIONS FROM THE COLLECTION

July 28–September 30, 2012

ALSO ON VIEW Doris Staffel: Painter, Teacher

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Suggestions

by Norman Weiss,
Purchasing Manager

GREETINGS AND thanks for writing. As usual, suggestions and responses may have been edited for brevity, clarity, and/or comedy.

Since suggestions are running low again, and also since with the renovation in Mt. Airy, the Suggestion Book seems to have disappeared (as have the walls, the shelves, the display cases, the check-out counter, basically everything except bare walls and floor), I think I'm going to have a rant or two every month. This month's rant is about cell phones. I don't like talking on cell phones. I am somewhat surprised they have gotten as popular as they have; I find them very difficult to talk on. I'm surprised there are not more complaints about the way they actually sound. I guess younger kids just don't realize what they're missing with older, wired phones. I'm surprised more people haven't complained. The three things that make talking on cell phones difficult for me (other than the brain energy needed to form coherent words and sentences) is their sound is missing much of what makes voices sound like people's voices. I don't know if it's missing frequencies or what; I know the technology exists to make decent tiny speakers and microphones, so either the phone manufacturers don't include them or the cell phone infrastructure cannot handle the data to make voices sound decent. Those of you around in the nineteen fifties might remember the difference in sound quality between what you would hear on a.m. radio and what came to be called "Hi Fi" (short for High Fidelity). This was considered a major advance in music reproduction technology, with instruments and vocals beginning to sound like they did live. It seems to me that cellphones are still in the a.m. radio class of sound quality. Combine this with how they cut in and out and how sensitive they are to where your mouth and ear are and I often find talking on cellphones to be difficult, actually somewhat stressful as my brain scrambles to make sense of what I'm hearing and as I try to converse in a smooth and understandable fashion. I am usually glad when the call is over, even when I'm talking to someone I like about things I like. Cellphones are so conve-

nient, and that explains part of their popularity, but I just don't understand why the fidelity is so poor and why more people don't have the kind of difficulties I have (this last phrase offering Jon a perfect set-up line).

The other rant I have is about excess food at restaurants being served and then thrown away, like half a pound of French Fries served with sandwiches, a handful are eaten and the rest left on the plate, repeated over and over millions of times per year, but more of that next column.


I've been asked to discuss Weavers Way recycling efforts. Right now we have a few things going on recycling-wise. First let me be sure to state that our stores are not drop off points for recyclables other than the Mt. Airy programs for plastic egg cartons and used Brita filters mentioned later.

Both of our stores' operations generate materials that are recycled: cardboard, paper, glass, aluminum, and plastic, which are separated from non-recyclable trash and picked up by a combination of the city and our waste hauler. Our stores also generate lots of food waste, much of which is put into composting bins and picked up by a commercial compost company, Philly Compost. The neat thing about Philly Compost is that their commercial composters can also handle paper products like paper towels, napkins and paper cups, which are not recyclable.

In addition, the clear plastic deli type containers we use for packaging deli and prepared food items are made from 50 percent post consumer plastic, mainly soda bottles. Plastic recycling has been somewhat controversial in the past, with much of what was collected not being recycled, most went overseas and was recycled or landfilled depending on the current market for recycled resins and the quality of the individual batches of material (some processors are better than others in removing contaminants). Unlike recycling glass bottles, aluminum cans, and office paper, which are usually recycled back into glass bottles, aluminum cans and office paper, (with large savings in resources by using recycled materials), plastic was typically "downcycled," i.e., a plastic food container would not become another plastic food container, rather, parts of it would end up as material for use in making plastic lumber, textiles, toys, pens, etc. However, in recent years, sorting and processing technologies have advanced and now plastic soda and water bottles (PET resin- polyethylene terephthalate) can be made into food containers. Our current deli containers are made from this material and are claimed to be 50 percent post consumer recycled plastic. We are also looking into containers that are up to 100 percent post consumer content.

At our Mt. Airy store, our Wellness Department accepts spent Brita pitcher filters and sends them off to a company called Preserve, which makes them into

(continued on page 20)


Pop Up
STORE

OPEN

- Groceries
- Dairy
- Meat
- Refrigerated

Inside

Weavers Way Mt. Airy is Open this Summer!

Inside 555 Carpenter Lane, we have a small selection of our most popular staples. Outside 555 (Carpenter, if you think you need to say that for space or clarity or whatever), we have a market tent set up with lots of produce for sale. Think of us first this Summer for your shopping, and come out for Mt Airy Village events!

Mt. Airy Village LOYALTY CARD

Show your love for Mt. Airy Village!

Starting July 15, 2012 and ending one week after renovations are complete at Weavers Way Mt. Airy, get rewarded for your loyalty to Mt. Airy Village. Pick up your loyalty card at any participating retailer, and for every ten purchases of \$5 or more at participating retailers at Greene St. and Carpenter Lane, you get \$5 off any purchase of \$50 or more at Weavers Way! Redeemable at Chestnut Hill, Mt. Airy, even our new Pet Supply & Wellness store! Limit 1 punch per business per day.

RULES & REGULATIONS:

- Offer good July 15, 2012 THRU the first week after Weavers Way Mt. Airy renovations are complete!
- Limit 1 punch per business per day
- Collect 10 punches and redeem for \$5 of \$50 purchase at any Weavers Way store

Participating retailers at Greene Street and Carpenter Lane:

- Big Blue Marble
- Community Acupuncture
- Greene Cleaners
- High Point Café
- Philadelphia Salvage Co.
- Nesting House
- Springboard Studio
- Weavers Way Mt. Airy

Attend a Weavers Way Welcome Meeting and Get Two Hours Work Credit!


To Help You Get a Jump on Member Work, You Can Get Your Household's First Two Hours Just for Attending a Welcome Meeting!

Whether you are a new member or thinking about becoming one, Weavers Way Welcome Meetings, or Orientation Meetings, are a great way to find out more about what Weavers Way is all about, and what membership offers. And now you get two hours work credit just for attending! Limit two hours per household. See below for times and locations.

Weavers Way Co-op Welcome Meetings

We encourage all new or prospective members to attend an orientation meeting, where they can learn all about our co-op, our stores and our member work program. If you have not already joined, you can do so at the meeting, and you will also learn more about Weavers Way and all that your co-op has to offer, including member benefits and our Working Member program.

Orientation dates are listed below and are also posted on our web site at www.weaversway.coop. Please complete the form below and return it to any of our stores, so we will know which meeting you will attend. Meetings last approximately 45 minutes to an hour and will include a brief store tour. We look forward to seeing you there!



Chestnut Hill Center for Enrichment, 8431 Germantown Ave.
Wednesday, Aug 8 at 6:45 p.m. (parking entrance on E. Highland Ave.)

Chestnut Hill Community Centre, 8419 Germantown Ave.
Saturday, September 8 at 10:00 a.m.

Weavers Way Co-op Offices/Mt. Airy 555 W. Carpenter Lane
Saturday, Aug. 11 at 10:00 a.m. • Wednesday, September 5 at 6:45 p.m.

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Aug. 1 - Sept. 4

PLEASE PRINT CLEARLY

Name _____ Orientation Date _____

Address: _____

City _____ State _____ Zip _____

Phone number _____ E-mail _____

Please return this form to a cashier, mail to Weavers Way Co-op, Attn: Membership Department, 559 Carpenter Lane, Phila. PA, 19119 or fax to 215-843-6945, Attn: Membership Department. You can also call 215-843-2350, ext. 118 or e-mail outreach@weaversway.coop.